

The Centre has been designed for ease of access for everyone. However, if you have particular requirements or questions please ring for further information.
Telephone - 023 9289 2010

CAR PARKING

A resident's only parking scheme is in force in Portsea. Non-permit holders can park for one hour on the roads. Check the signs.

(Blue Badge holders may park without restriction within these areas)

Parking scratchcards are available to centre users. These can be purchased from the John Pounds Centre library or housing office and cost 80p for up to 12 hours or £1.50 for 24hrs.

There are many public car parks within 5 minutes walking distance of the Centre. There is a parking space for blue badge holders at the Centre, but please be aware that no other parking is provided on site.

Nearby car parks, with varying charges are located in:

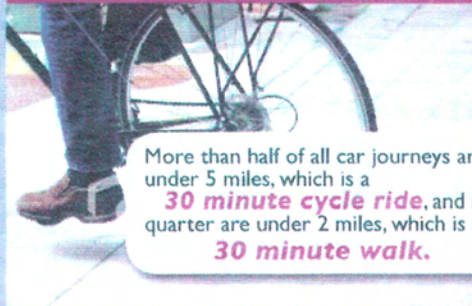
- **Gunwharf.**
Open 24hrs. Charged per hour.
- **Wickham Street** (under Pall Europe building).
Open 7 days a week, 7am – 11pm. Charged per hour.
- **Havant Street.**
Pay & Display operates 7 days a week, 7am - 7pm
- **During the evenings (after 6.00pm) and at weekends,** Centre visitors can use nearby university car parks. These are located in St. James's Street (Portland Car Park) and at Burnaby Road (rear of Burnaby Terrace).

Visitors are reminded that the University accepts no responsibility for any loss or damage to vehicles or private property whilst parked in University Car Parks.

Reception staff will be pleased to advise you on parking options if you ring in advance. They can also assist with any special requirements you may have, including arrangements for large events. A loading bay is located in St. James Street for deliveries 8am - 6pm, Monday to Saturday.



Take **public transport** when you can. A double-decker bus carries the same number of people as 40 cars.
And it's going there anyway!



More than half of all car journeys are under 5 miles, which is a **30 minute cycle ride**, and a quarter are under 2 miles, which is a **30 minute walk**.

John Pounds Centre

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charity number 1100911



Leaflet produced by PCC Corporate Initiatives



The John Pounds Centre actively promotes the use of public transport, walking and cycling to its staff and users.

WALKING

A good form of exercise that causes no pollution, and it's free!

For people walking with children to use the crèche facility, a buggy store is located on the first floor next to the crèche.

CYCLING

Portsmouth City Council produces a free map of cycle routes. If one is not available in the centre reception, you can telephone **023 9283 4092** or visit www.portsmouth.gov.uk and click on link below Travel Information, then select cycling around Portsmouth, then click Portsmouth cycle map for a copy.

There are lots of colourful stands around the courtyard area for bicycle parking.

PUBLIC TRANSPORT

Portsmouth has an extensive network of bus routes, with 95% of Portsmouth households situated within a five-minute walk of a bus route.

Access to the John Pounds Centre by bus is extremely good, with 30 different routes, from all over the city, stopping close by.

Portsmouth City Council produces a public transport map. If one is not available in the centre reception, you can telephone **023 9283 4092** or visit www.portsmouth.gov.uk and click on link below Travel Information, then select Getting around by bus, then Public transport route map for a copy.



HOW TO GET HERE
THE HEALTHY WAY!



WE WILL BE HAPPY
TO HELP PLAN YOUR VISIT
Just ask at reception or call 023 9289 2010

KEY

- BUS STATION
- BUS STOP
- FERRY TERMINAL
- TRAIN STATION
- CAR PARK
- RESTRICTED CAR PARK (AFTER 6PM / WEEKENDS)
- CYCLE PATH
- TRAIN LINE

'WALK THE TALK' ROUTES

Lower your carbon footprint and follow one of the 'walk the talk' routes.

	STEPS	DISTANCE (KM)	CALORIES	TIME (MINS)
	1048	0.63	37	9
	490	0.29	17	4
	798	0.48	27	6
	628	0.39	21	4

Pedometer concept derived from artist Jeannie Driver's step data project.

OUR VISION IS...

"A vibrant focus for **Portsea** and the gateway to a **happier & healthier life** for all"